

at least two adjacent blade springs disposed on the second face of the blade shoe for applying a spring force to the blade shoe, the adjacent blade springs having opposing surfaces slidable relative to each other; and

a friction surface provided between the opposing surfaces of the adjacent blade springs, the friction surface having a coefficient of friction larger than the coefficient of friction of the opposing surfaces of the adjacent blade springs selected to provide sliding resistance therebetween effective to damp vibrations of the tensioner.

7. A blade tensioner in accordance with Claim 1, wherein the friction surface is configured using rubber, plastic, or friction paper.

8. A blade tensioner in accordance with Claim 2, wherein the plate-like member is configured using rubber, plastic, or friction paper.

9. A blade tensioner in accordance with Claim 3, wherein the plate-like member is configured using rubber, plastic, or friction paper.

10. A blade tensioner in accordance with Claim 4, wherein the members are configured using rubber, plastic, or friction paper.

11. A blade tensioner in accordance with Claim 5, wherein the bumpy surfaces are configured using rubber, plastic, or friction paper.

12. A set of spring blades for urging a blade shoe of a tensioner against a chain to apply tension to the chain, the set of spring blades comprising:

a first blade spring having an upper and a lower planar surface;

a second blade spring having an upper and a lower planar surface disposed below the first blade spring, the lower planar surface of the first blade spring and the upper planar surface of the second blade spring slidable relative to each other; and